

# Determining the health of children and adolescents

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**Abstract.** The health of children and adolescents is formed during the period of growth and development under the influence of a complex of important internal factors and external influences. The health of children and adolescents is determined not only by the presence or absence of diseases, but also by age-appropriate development, as well as the normal state of the main indicators of the body. To characterize the health status of children and adolescents, taking into account the prevalence of diseases and pathological lesions, the following indicators are widely used: detection of morbidity by direction, health index, episodic morbidity, the number of frequently ill children and pathological lesions.

## 1 Introduction

The state of health of children and adolescents determines the future, economic potential and defense of the state. Biological factors that negatively affect the health of children of all age groups include maternal morbidity, complications of pregnancy and childbirth.

Health groups of children and adolescents.

Group 1: A group of healthy children.

Group 2: Healthy children's group. (there are some functional and morphological changes, a decrease in resistance to acute and chronic diseases).

Group 3: Chronic diseases during the compensation period.

Group 4: Chronic diseases in the period of subcompensation.

Group 5: During the period of chronic decompensation.

The number of chronic diseases in children and adolescents is on the rise. For example: diseases of the nervous system, nutritional and metabolic disorders, respiratory diseases, STIs, urinary incontinence, diseases of the digestive system. These diseases can lead to temporary job loss among the elderly, as well as increased disability and death.

General data on morbidity (upon requests) are obtained from the instructions of special statistical observations published by the regional departments of statistics of the republic [1].

The aim of our study was a comprehensive identification and assessment of the quality of life of children and adolescents associated with health and well-being in large cities of the Fergana region. In the course of the study, data from routine medical examinations of

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children and adolescents in terms of the frequency of complaints, data obtained from the child's medical records were studied and recorded.

## 2 Results

When studying the incidence of children and adolescents aged 0-17 years in the Fergana and Kuvasoy regions for the first 6 months of 2021, 4229 people in Fergana (Table 1), in Kuvasoy 3008 people (Table 2) of the Fergana region:

- Infectious diseases 2.7%
- Endocrine foggy diseases 1.7%
- Diseases of the hematopoietic organs. 12.3%
- Diseases of the nervous system 2.4%
- Eye diseases 0.6%
- Ear diseases 0.5%
- Saturation system diseases 0.1%
- Respiratory diseases 61.9%
- Diseases of the digestive system 12.8%
- Diseases of the urinary tract 2.0%
- Congenital anomalies 0.1%
- Diseases of the perinatal circulation 1.1
- Injury poisoning was 0.6%.

Children and teenagers in the city of Fergana, Fergana region in 2021  
 Morbidity structure for 6 months.

**Table 1.** Incidence of children and adolescents aged 0-17 years in the Fergana and Kuvasoy regions for the first 6 months of 2021, 4229 people in Fergana.

Diseases	Children and teenagers							
	Total	%		Units	%		"D" control	%
Infectious diseases	113	2,7	140,8	85	2,8	105,9	28	3,2
Tumors	0	0,0	0,0	0	0,0	0,0	0	0,0
Endocrine system	73	1,7	90,9	12	0,4	14,9	61	6,9
Blood-forming organs diseases	521	12,3	649,0	446	14,9	555,6	75	8,5
Nervous system	103	2,4	128,3	92	3,1	114,6	0	0,0
Eye diseases	25	0,6	31,1	25	0,8	31,1	0	0,0
Ear diseases	22	0,5	27,4	22	0,7	27,4	2	0,2
The cardiovascular system	6	0,1	7,5	6	0,2	7,5	12	1,4
Respiratory system	2618	61,9	3261,3	1818	60,7	2264,7	620	70,5
Digestive diseases	543	12,8	676,4	328	11,0	408,6	26	3,0
Urinary tract infection	83	2,0	103,4	75	2,5	93,4	13	1,5
Diseases of the skin and subcutaneous tissue	36	0,9	44,8	36	1,2	44,8	0	0,0
Musculoskeletal system	10	0,2	12,5	0	0,0	0,0	10	1,1
Congenital anomalies	5	0,1	6,2	0	0,0	0,0	5	0,6
Diseases of the perinatal period	45	1,1	56,1	22	0,7	27,4	28	3,2
Injury and poisoning	26	0,6	32,4	26	0,9	32,4	0	0,0
Total diseases	4229	100,0	5268,1	2993	100,0	3728,4	880	100,0

According to the data, in the city of Fergana, respiratory diseases occupy a leading place with 61.9%, followed by diseases of the digestive system and hematopoiesis with 12.8% and 12.3%.

Diseases of children and adolescents in Kuvasoy are as follows:

- Infectious diseases 1.0%

- Endocrine diseases 1.2%
- Diseases of the blood. 20.1%
- Diseases of the nervous system 10.1%
- Eye diseases 4.4%
- Ear diseases 2.7%
- Saturation system diseases 0.3%
- Respiratory diseases 26.3%
- Diseases of the digestive system 12.5%
- Urinary tract infection 6.0%
- Congenital anomalies 0.9%
- Diseases of the perinatal circulation 0.6%
- Injuries and poisoning accounted for 1.4%.

The 6-month structure of the incidence of children and adolescents in the city of Kuvasoy, Fergana region in 2021.

**Table 2.** Incidence of children and adolescents aged 0-17 years in the Fergana and Kuvasoy regions for the first 6 months of 2021, in Kuvasoy 3008 people of the Fergana region.

Diseases	Children and teenagers							
	Total	%		Units	%		"D" contr	%
Infectious diseases	31	1,0	125,1	22	1,2	88,8	28	3,1
Tumors	0	0,0	0,0	0	0,0	0,0	0	0,0
Endocrine system	37	1,2	149,4	25	1,4	100,9	12	1,3
Blood-forming organs diseases	606	20,1	2446,3	322	17,5	1299,9	184	20,1
Nervous system	305	10,1	1231,2	58	3,1	234,1	47	5,1
Eye diseases	133	4,4	536,9	79	4,3	318,9	54	5,9
Ear diseases	82	2,7	331,0	42	2,3	169,5	40	4,4
The cardiovascular system	10	0,3	40,4	3	0,2	12,1	7	0,8
Respiratory system	792	26,3	3197,2	570	30,9	2301,0	252	27,6
Digestive diseases	375	12,5	1513,8	263	14,3	1061,7	112	12,3
Urinary tract infection	180	6,0	726,6	132	7,2	532,9	48	5,3
Complications of pregnancy	0	0,0	0,0	0	0,0	0,0	0	0,0
Diseases of the skin and subcutaneous tissue	368	12,2	1485,5	258	14,0	1041,5	110	12,0
Musculoskeletal system	0	0,0	0,0	0	0,0	0,0	0	0,0
Congenital anomalies	28	0,9	113,0	17	0,9	68,6	11	1,2
Diseases of the perinatal period	19	0,6	76,7	10	0,5	40,4	9	1,0
Undiagnosed symptoms	0	0,0	0,0	0	0,0	0,0	0	0,0
Injury and poisoning	42	1,4	169,5	42	2,3	169,5	0	0,0
Total diseases	3008	100	12142,7	1843	100,0	7439,9	914	100,0

According to the data obtained in the city of Kuvasoy, diseases of the respiratory organs are in the lead with 26.3%, followed by diseases of the hematopoietic organs with 20.1% and digestive diseases with 12.5% [2-4].

The results obtained show that the incidence of respiratory diseases in children in the city of Kuvasoy is 35.6% higher than in children in the city of Fergana. Diseases of the hematopoietic organs are 7.8% more common than in Fergana.

An analysis of the color distribution of diseases among children and adolescents showed that respiratory diseases rank first in all age groups. Among preschoolers, not only infectious, but also diseases of the digestive system and hematopoiesis are common [3, 5-10].

As children grow older, the composition of the disease also changes. The composition of the incidence is not the same in all children's and youth institutions and depends on various factors. Comprehensively working to reduce general morbidity and improve the health of children and adolescents, the medical worker should focus on reducing infectious

diseases and preventing injuries, since they are one of the main causes of child mortality and disability. Thus, one of the main tasks of medical prevention is the study and elimination of negative factors affecting the body of children in the preservation and strengthening of the health of the younger generation [11-13]

According to the results of the study, an in-depth study of quality of life indicators implies the inclusion of adolescents in the outpatient network in activities for a comprehensive study of the health status of adolescents [5].

### 3 Conclusions

In a word, we consider it a priority, in our opinion, to preserve and strengthen the health of children.

1. Further development of children's health care, medical and social support for children and adolescents.
2. Creation and improvement of an innovative system of preventive pediatrics.
3. Carry out in-depth monitoring of morbidity, disability and mortality of the child population of the Fergana region.
4. Advanced training of doctors and pediatricians working at the lower levels of medicine in developed countries.

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